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ICANotes
Behavioral Health EHR

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SOS
610 N. Silver St
Silver City, NM 88061

575-956-6131
575-956-6947

Medicaid ID: YIF905344441

Marquez, James A

ID: 1000010725338 DOB: 3/16/2000
Group Therapy Note (SOS)

Use Note Creation Time
Clear Time
Set Date/Time
7/29/2023
2:05 PM

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Capture Signature
#1 Signed By: _____

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#3 Signed By: _____

Time spent face to face with patient and/or family and coordination of care: 180 min
Session start: 11:00 AM
Session end: 2:00 PM

Session Remarks:

Therapy Type:

Cognitive Behavioral Therapy
Thought Field Therapy
Motivational Interviewing

Today's group it started with a mood check in. Everyone discussed their current mood and how it was different or the same as yesterday. We reviewed goals from last week and discussed progress and next steps. We decided on an afternoon topic and divided the preparation of lunch and prepared it as a group. The afternoon session we explored how our thoughts and feelings influence our behaviors, choices, and outcomes. Group explored fears, hopes, and thinking patterns. Explored the five senses and how it can help reduce anxiety.

Group Type:

Focus Group: Focus groups are assigned specific topics or problem areas to discuss. The ways the group members react to each other is part of the focus of clinical attention.

Present Today:

Present at today's session were the following: 13 members.

Group Leader Interventions:

Encouraged exploration
Extrapolated to Life
Therapist provided support and structure

Plan:

Encourage Participation and Engagement
Continue Skill Development
Encourage increased participation.

Individual Remarks:

Appearance and Behavior:

In today's session James appeared flat, wary, minimally communicative, and tense.

Participation:

James was relatively inactive today and did not fully participate in discussions.